

POWER PLAYS

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KEYS FOR A POWERPLAY

- Move the ball as much as possible, try to keep the ball "hot".
 - Try to pass the ball whenever possible against the grain, this means do not always pass the ball around the zone, pass the ball diagonally and vertically whenever a safe pass can be made.
 - If you are going to run a play, always have a back up incase the play doesn't work or they get a reset.
 - Run cutters as much as possible
 - HAVE THE RIGHT PLAYERS AT THE CORRECT POSITIONS
1. Your point man must be intelligent, see the floor well, be a good shooter, and one of your best passers.
 2. Your shooters must be able to shoot, and be willing to ball cut
 3. Your crease players should be good passers who see the floor well, and are gutsy as they have to step across the crease and take a hit.

PLAYS AGAINST A BOX DEFENSE

FREE LANCE OPTIONS

CUT AND FILL

- Have rules of thumb, such as: when the ball goes to the crease we cut, if the ball goes crease to crease we cut, if the ball goes point to crease we cut.
- When ever a man cuts the crease man fills to his position.
- Do you want them to exit in front of the net or behind the net on a cut?
- Encourage your point man to cut sometimes.

DRAG AND DUMP

The key to this is to have a player on top who is a scoring threat, and can pull defenders to him. The point man drags or back pedals to draw a defender to him, and then he passes to the space that the defender just left. You are trying to make the defense rotate.

SET PLAYS

1. THREE OPTIONS OFF A DRAG, ALL THESE PLAYS COME OFF THE SAME START, THE POINT MAN DRAGS BACKWARDS TO THE SHOOTER, AND THE SHOOTER COMES AND SCREENS.
 - A. THE SHOOTER SCREENS THE BALL, FROM BEHIND
 - B. SHOOTER SCREENS THE OPOSITE SHOOTER, AS THIS HAPPENS THE BALL MUST BE PASSED TO THE CREASE.
 - C. SHOOTER SCREENS THE OPOSITE CREASE.
2. POINT MAN PICKS THE BALL
 - A. SHOOTER SHOTS OFF THE SCREEN.
 - B. SHOOTER PASSES TO THE OPOSITE CREASE AND THE POINT MAN CUTS DOWN THE MIDDLE AFTER SCREENING.
3. BACK PICK OFF BALL – the crease man back picks opposite the ball, cuts to the net as the ball goes to opposite crease
4. POINT CUT – point man cuts when the ball is at the crease, if he doesn't get the ball he screens away to opposite crease.
5. WEDGE DOUBLE SCREEN
Give the ball to one of the shooters. The point man cuts through the middle and screens the crease man. As the point man cuts the crease man back picks the top man. The shooter splits the gap between the two picks.
6. SLOW CUTTER (STAY IN THE MIDDLE) – run a slow cutter and then he stays in the middle. The cutter has to be from the strong side. When he is in the middle, the other four players form a box and move the ball around looking for a good shot.

DIAMOND PLAYS

CUTTERS – cutters is still the best way to defeat a diamond defense. You cut when the ball goes to the crease, if you pass crease to crease and if you pass point to crease. You can also cut your point man. With cutters you always have to fill and step into the holes.

Of course we always look for secondary options.

SET PLAYS AGAINST THE DIAMOND

1. WEDGE DOUBLE SCREEN AS ABOVE
2. BACK PICK THE POINT MAN – this is the same as against a box except you back pick the point man and not the man at the top of the box.
3. DRAG AND PICK – this is similar to the box play again except you pick the point man as the offensive point man drags.
4. BACK PICK THE BALL – give the ball to a shooter, the crease man comes up and back picks the ball side. Look for a shoot first and a pass to the crease second.
5. DOUBLE BACK PICK – give the ball to a shooter, as he moves to the net there are two simultaneous back screens on each shooter.
6. BEHIND THE NET (COLORADO) – the crease man goes behind the net with the ball, and passes it out to the shooter on his opposite side. The shooter looks to shoot the ball. The crease man behind the net goes back to his spot and the shooter fakes a shot and passes a diagonal pass to the crease.
7. SLOW CUTTER (STAY IN THE MIDDLE) – run a slow cutter and then he stays in the middle. The cutter has to be from the strong side. When he is in the middle, the other four players form a box and move the ball around looking for a good shot.

SHORT MAN

There are different theories behind what defense to choose. You can teach your team all the options and use a different defense depending on who is on the floor, or depending on who you are playing. Or you can teach you kids one defense and go with it all season.

Keep in mind that you can never stop a team from shooting, so what you want to do is dictate to them where you want them to shoot from instead of them dictating to you.

BOX OPTIONS

TRADITIONAL BOX

This is used by many teams, and usually works if they do not have a point man that is a threat. The theory behind this defense is to force an outside shot and deny any easy crease passes or shots

- Your crease guys in this defense have one job to do and that is to lock off the creases, they do not rotate or jump but just stay on the crease to prevent diagonal passes that are going to be sure goals.
- The top players need to be smart defenders. The top two guys play three offensive players.

TORONTO BOX

I call this a Toronto box because this is what the Rock play with Veltman on top. This defense is used if they have one really good guy on top and two other guys who you want to shoot

- Again the crease guys lock off the creases
- One guy on top takes one player and the other guy on top takes two. He splits them and goes back and forth. There is no rotation in this defense.

ROTATING BOX

This defense is played the same as a traditional box except the crease players rotate to the shooters if need be. If one guy rotates they all have to rotate to cover.

DIAMOND

This is my personal favorite, many teams in the NLL and WLA are playing diamonds now. The Shamrocks have been playing a diamond since 1978. It is more difficult to teach but works very well against a team that has strong shooters but weaker crease players.

RULES OF THUMB

- if the ball is on the crease you rotate to a box
- You cannot allow diagonal shooter to crease passes.
- Discourage shooter to shooter passes
- Discourage point to crease passes
- You never rotate to another position, you only play your position.

EACH POSITION

POINT DUTIES

- If the ball is on top you check that man
- When the ball goes to a shooter the you drop to the middle
- When the ball goes to the crease you check the opposite shooter and point man

CREASE DUTIES

- If the ball is on top you deny one of the crease passes, and the point man takes away the other.
- If the ball is at the shooter, you take away the shooter to crease pass (diagonal)
- If the ball goes to the crease you rotate to the ball

SIDE DUTIES

- When the ball is on top, you help deny the point to crease pass by having your stick in the middle.
- When the ball goes to your shooter you take him
- When the ball goes to the opposite shooter, you sag and help cut off the shooter to crease pass
- When the ball goes to the opposite crease, you rotate quickly down to the opposite crease to deny the crease to crease pass
- When the ball goes to the crease on your side you stay on top of the box.